

ROUTE #3

RUNNING ROUTE - HARD

WALKING ROUTE - MODERATE/HARD

DISTANCE - 3.9 MILES

Circular route: Table Mountain Loop from Crickhowell

Starting at MAISON50 in Crickhowell's High Street, turn right up the High Street towards The Bear, (buy yourself some delicious food for the top of the mountain at the High Street Bakery!).

Turn left at the T Junction. Carry on a short distance along the A40, then turn right to head up Llanbedr Road.

Carry on, and up through the fields where there's a really beautiful back-drop overlooking the valley - it's a long pull up the fields ...but it's so worth it!

You will keep going and cut through the woods and then join the ridge at the top – you've made it!

Quick coffee & cake break at the top of Table Mountain to take in the views.

Head back down the mountain, back through the fields; it's Mike James' favourite descent as the views are so utterly breathtaking!

Head back to Crickhowell via Great Oak Road and relax back at MAISON50, maybe popping into The Bear Hotel on the way for a well deserved pint!



MAISON50

 HEALTH
& FITNESS